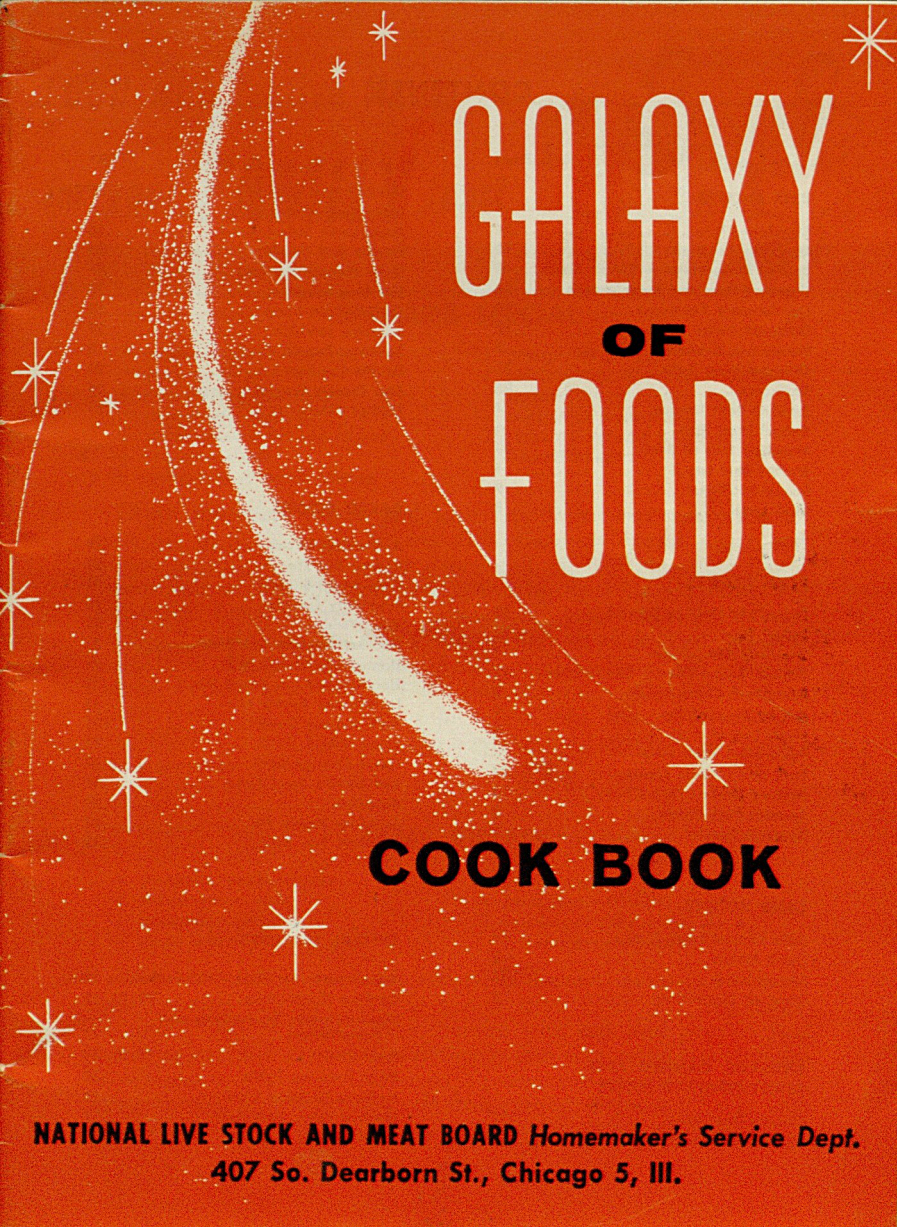

GALAXY OF FOODS

COOK BOOK

NATIONAL LIVE STOCK AND MEAT BOARD *Homemaker's Service Dept.*
407 So. Dearborn St., Chicago 5, Ill.

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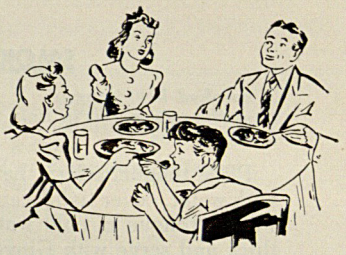
FOOD with festive flavor for your **FAMILY** *feast*



SPARERIB SPECIAL

3 pounds spareribs, cut into 2-rib pieces
1 can (13½ ounces) pineapple tidbits
2 tablespoons brown sugar
½ teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon ginger
1 tablespoon Worcestershire sauce
½ teaspoon onion salt
2 cans (1 pound 2 ounces) baked beans

Drain pineapple tidbits and save liquid. Arrange spareribs, rib ends up, in a 13x9-inch baking dish. Combine brown sugar, salt, cloves, ginger, Worcestershire sauce and ½ cup pineapple liquid. Spoon half of this mixture over spareribs. Sprinkle spareribs with onion salt. Bake, uncovered, in a moderate oven (350° F.) 1 hour, basting 2 or 3 times. Remove spareribs and set aside. Pour off drippings from baking dish. In baking dish, combine beans and pineapple tidbits. Arrange spareribs with rib ends down on top of baked beans. Spoon remaining sirup mixture on top of ribs. Return to moderate oven (350° F.) and bake 1 to 1½ hours or until spareribs are brown. 6 to 8 servings.

LAMB RIBLETS

4 pounds lamb riblets
1 tablespoon salt
¼ teaspoon pepper
1½ cups water
6 small onions
6 medium carrots
2 packages (9 ounces each) frozen green beans

Trim excess fat from lamb riblets, if desired. Arrange riblets in open roasting pan and cook in a slow oven (300° F.) 1½ hours. Remove riblets to Dutch oven. Season with salt and pepper. Add water, onions and carrots. Cover tightly and simmer on top of range 45 minutes to 1 hour or until meat is tender and vegetables are done. Remove meat and vegetables and make gravy, if desired. Serve with green beans cooked according to package directions. 6 servings.

SMOKED BEEF TONGUE

1 smoked beef tongue
6 stalks celery, cut in half
2 bay leaves
1 large onion, quartered
Water to cover

Place tongue, celery, bay leaves and onion in Dutch oven. Cover with water, cover tightly and simmer 2½ to 3½ hours or until tender. Plunge tongue in cold water. Remove skin and chill. Slice ¼ inch thick and serve with Gingersnap Sauce.

Gingersnap Sauce

6 gingersnaps
½ cup brown sugar
1 cup water
¼ cup vinegar
2 tablespoons lemon juice
⅓ cup seedless raisins

Crush gingersnaps. Add remaining ingredients and mix well. Cook mixture, stirring occasionally, until smooth, about 10 to 15 minutes.

Meat represents a big investment in nutrition, to say nothing of flavor, variety and satisfaction.

STUFFED BEEF LOG

2 pounds ground beef
½ cup quick cooking oats
½ cup finely chopped onion, if desired
½ cup milk
1 egg, beaten
2 teaspoons salt
⅛ teaspoon pepper

Combine ingredients in order given. Mix thoroughly. Shape into rectangle about 10x16 inches on aluminum foil. Spread Sausage Stuffing evenly over meat. Roll as for a jelly roll and place seam side down on rack in open roasting pan. Bake in a moderate oven (300° F.) 1 hour 15 minutes. 8 servings.

Sausage Stuffing

½ pound fresh pork sausage
1 medium potato, grated
¼ cup grated onion
1 egg, beaten
1 cup soft bread crumbs
½ teaspoon salt

Combine ingredients and mix well.

HUNGARIAN GOULASH

3 pounds boneless beef for stew
2 tablespoons lard or drippings
2 cups diced onion
2 teaspoons salt
⅛ teaspoon pepper
1 teaspoon paprika
1 teaspoon caraway seed
2 cups water
16 small or 8 medium potatoes
¼ cup flour
¼ cup water

Brown meat in lard or drippings. Pour off drippings. Add onion, salt, pepper, paprika, caraway seed and water. Cover tightly and simmer 2 hours. Add potatoes, cover and simmer 30 minutes or until meat and potatoes are tender. Thicken liquid with flour and water mixed to a smooth paste to make gravy. 8 servings.

STEW OF DISTINCTION

1½ pounds boneless lamb shoulder, cut in 1½-inch cubes
3 tablespoons lard or drippings
1½ teaspoons salt
¼ teaspoon pepper
2 cups water
6 medium carrots, cut in half
4 stalks celery, cut in 4-inch pieces
6 small white onions
6 medium potatoes, cut in half
2 tablespoons chopped parsley
Flour

Brown lamb cubes in lard or drippings. Pour off drippings. Add salt, pepper and water. Cover tightly and simmer 1 hour. Add carrots, celery, onions and potatoes. Cover tightly and continue simmering 45 minutes to 1 hour. Remove meat and vegetables, sprinkle with chopped parsley and thicken liquid for gravy, if desired. 6 servings.

SPANISH PORK CHOPS

5 to 6 pork blade, loin or rib chops, cut 1 inch thick
2 tablespoons lard or drippings
1 teaspoon salt
⅛ teaspoon pepper
¼ cup catchup
1 tablespoon dry mustard
2 tablespoons vinegar
⅓ to ½ cup water
1 tablespoon sugar

Brown pork chops in lard or drippings. Pour off drippings. Season with salt and pepper. Mix catchup and dry mustard and spread on chops. Combine vinegar, water and sugar and pour around chops. Cover tightly and simmer 45 minutes or cover and bake in moderate oven (350° F.) 45 to 60 minutes or until done. 5 to 6 servings.

BROILED PORTERHOUSE OR SIRLOIN STEAK

Beef porterhouse or sirloin steak, cut 1 to 2 inches thick
Salt
Pepper

Set regulator for broiling. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 to 3 inches from the heat and 2-inch steak is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season.

Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 40 minutes for rare steak and 35 to 45 minutes for medium-done steak. 1 to 2 servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

SPICED SHORT RIBS

3 pounds beef short ribs
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
2 tablespoons lard or drippings
1 cup water
1 cup dried prunes
1 cup dried apricots
¼ cup sugar
½ teaspoon cinnamon
½ teaspoon allspice
¼ teaspoon ground cloves
3 tablespoons vinegar

Combine flour, salt and pepper. Dredge meat with seasoned flour. Brown meat on all sides in lard or drippings. Cover tightly and simmer 1½ hours. Pour off drippings. Add water, prunes, apricots, sugar, cinnamon, allspice, cloves and vinegar. Cover tightly and continue simmering 1 hour or until tender. Serve fruit over short ribs. Thicken cooking liquid, with remaining seasoned flour, for gravy, if desired. 6 servings.

FRESH LEG OF PORK

12 to 14-pound fresh leg of pork
Salt
Pepper

Season roast with salt and pepper. Place roast on rack in open roasting pan. Do not add water. Do not cover. Insert meat thermometer so bulb reaches center of the thickest part. Roast in a moderate oven (350° F.) 5 to 6 hours or until thermometer registers 185° F. Allow 30 to 35 minutes per pound for roasting.

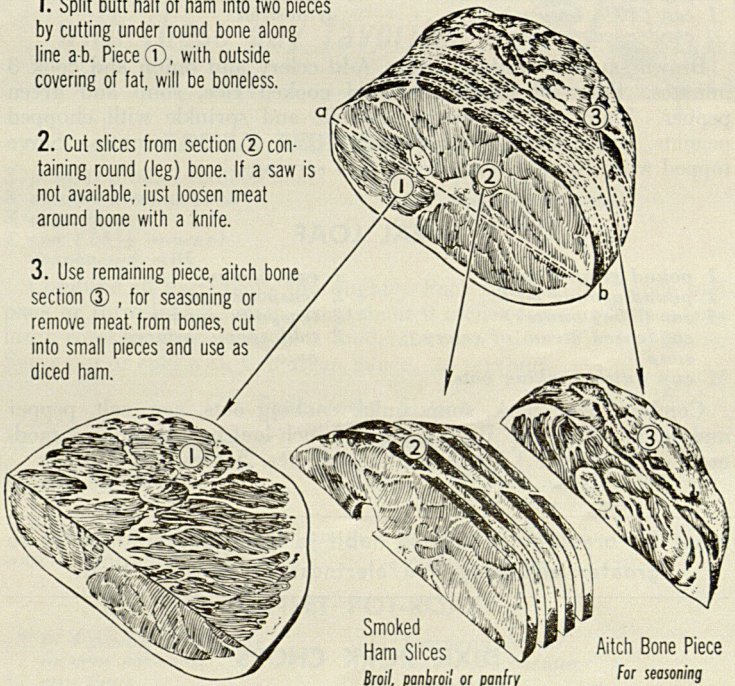
SMOKED HAM, Butt Half

There is variety galore in this cut of meat

1. Split butt half of ham into two pieces by cutting under round bone along line a-b. Piece ①, with outside covering of fat, will be boneless.

2. Cut slices from section ② containing round (leg) bone. If a saw is not available, just loosen meat around bone with a knife.

3. Use remaining piece, aitch bone section ③, for seasoning or remove meat from bones, cut into small pieces and use as diced ham.



Boneless Baking Piece
Cook with fat side up. Easy to carve

Smoked Ham Slices
Broil, panbroil or panfry

Aitch Bone Piece
For seasoning or diced ham

PANBROILED HAM SLICE

1 smoked ham slice, cut ¾ to 1 inch thick

Place meat in heavy frying-pan. Do not add fat or water. Do not cover. Cook slowly, turning occasionally. Pour drippings from pan as they accumulate. Cook ham until lightly browned on both sides, allowing about 20 minutes total cooking time. 4 to 6 servings.

SAUSAGE PEANUT PILAFF

1 pound fresh pork sausage
1 cup finely sliced celery
½ cup chopped onion
1 cup cooked rice, drained
1 can (10½ ounces) condensed mushroom soup
¼ cup chopped green pepper
½ cup chopped salted peanuts
12 small stuffed olives, if desired

Brown sausage until crumbly. Add celery and onion and cook 3 minutes. Pour off drippings. Add cooked rice, soup and green pepper. Pour into a 1-quart casserole and sprinkle with chopped peanuts. Bake in a moderate oven (350° F.) 30 minutes. Serve topped with sliced olives if desired. 4 servings.

VEAL LOAF

1 pound ground veal
1 pound ground pork
1 can (10½ ounces) condensed cream of celery soup
¾ cup quick cooking oats
1 egg, beaten
2 teaspoons salt
¼ teaspoon pepper
2 tablespoons minced onion

Combine beef, pork, soup, quick cooking oats, egg, salt, pepper and onion. Mix well. Pack into a 9x5-inch loaf pan. Bake in a moderate oven (350° F.) 1 hour and 15 minutes. Serves 6 to 8.

Meat for breakfast is a good habit to form, and contributes to greater efficiency and alertness all morning long.

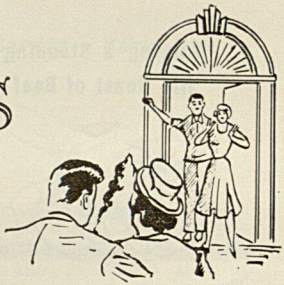
DIXIE PORK CHOPS

6 pork rib chops, cut 1 inch thick
2 tablespoons lard
2 tablespoons flour
1 cup water
1 tablespoon vinegar
1 teaspoon salt
1 teaspoon sage
3 apples, cored and cut in rings
¼ cup brown sugar
½ cup raisins

Brown pork chops in lard or drippings. Remove pork chops from frying-pan. Add flour to drippings and blend. Add water and vinegar and cook until thick. Return chops to frying-pan and season with salt and sage. Place apple rings on chops, sprinkle with brown sugar. Add raisins. Cover tightly and simmer 45 minutes to 1 hour or until done. 6 servings.

Greet your GUESTS

with these gay favorites



FAMILY REUNION HAM LOAF

3 pounds ground smoked ham
3 pounds ground pork
3 eggs, beaten
1 can (14½ ounces) evaporated milk
1 can (10½ ounces) condensed tomato soup
1 cup cracker crumbs

Combine all ingredients thoroughly. Pack into two 9 x 5-inch loaf pans or form into 2 loaves, each about 9 inches long, and place in a large roasting pan. Bake in a moderate oven (350° F.) 1½ hours. Serve hot or cold with Epicurean Sauce. 24 servings.

Epicurean Sauce

½ cup prepared horse-radish
½ cup mayonnaise
2 teaspoons prepared mustard
¼ cup chopped parsley
2 cups dairy sour cream

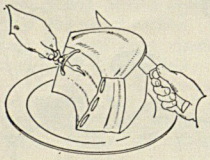
Combine horseradish, mayonnaise, mustard and parsley. Fold into sour cream until well blended. Serve chilled. Yield: 3 cups.

SUNSET POT-ROAST

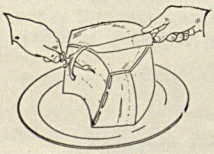
3 to 4-pound beef blade or arm pot-roast
¼ cup flour
2 teaspoons salt
¼ teaspoon pepper
3 tablespoons lard or drippings
¼ teaspoon thyme
¼ teaspoon rosemary
½ cup water
1 cup catchup
½ teaspoon sugar
2 teaspoons lemon juice
6 medium potatoes

Combine flour, salt and pepper. Dredge meat in seasoned flour. Save remaining flour. Brown meat in lard or drippings. Pour off drippings. Season with thyme and rosemary. Add water, cover tightly and simmer 2½ hours. Add catchup, sugar, lemon juice and potatoes. Cover tightly and continue simmering 45 minutes or until meat is tender and potatoes are done. Remove meat and potatoes. Thicken liquid with remaining flour for gravy, if desired.

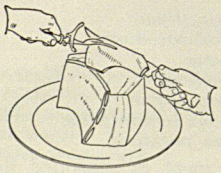
Carving a Standing Rib Roast of Beef



Place the roast on the platter with the largest end down to form a solid base. Insert the fork between the two top ribs. Starting on the fat side, carve across the grain to the rib bone.



Use the tip of the knife to cut along the rib bone to loosen the slice. Be sure to keep close to the bone, to make the largest servings possible.



Slide the knife back under the slice and, steadying it with the fork, lift the slice to the side of the platter. If the platter is not large enough, place the slices on a heated platter close by.

STANDING RIBS OF BEEF

2 to 3-rib beef standing rib roast
Salt
Pepper

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. The meat thermometer will register 140° F. for rare; 160° F. for medium-done; 170° F. for well-done. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well done.

GENTLEMAN'S POT-ROAST

4 to 5-pound rolled beef pot-roast
2 tablespoons lard or drippings
2 teaspoons salt
½ teaspoon pepper
½ cup water
6 medium carrots
6 medium onions
6 medium potatoes
Flour

Brown pot-roast in lard or drippings. Pour off drippings. Season with salt and pepper. Add water, cover tightly and simmer 3½ hours. Add carrots, onions and unpeeled potatoes. Cover tightly and continue simmering 45 minutes or until meat is tender and vegetables are done. Remove meat and vegetables and thicken liquid for gravy, if desired.

BAKED HAM

12 to 14-pound ham

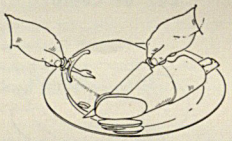
Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the thermometer registers 160° F. Allow 18 to 20 minutes per pound for roasting.

JELLY GLAZED LAMB CHOPS

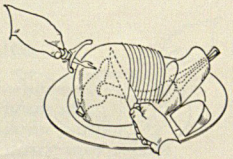
4 lamb arm or blade chops, cut ¾ to 1 inch thick
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ teaspoons dry mustard
3 tablespoons lard or drippings
¼ cup apple, currant or mint jelly
¼ cup lemon juice
1 tablespoon Worcestershire sauce

Combine flour, salt, pepper and dry mustard. Dredge lamb chops in seasoned flour. Brown in lard or drippings. Cover tightly and cook slowly 30 minutes, turning occasionally. Pour off drippings. Mix jelly, lemon juice and Worcestershire sauce and pour over chops. Cover and continue cooking, turning occasionally until chops are coated with jelly glaze, approximately 20 minutes. 4 servings.

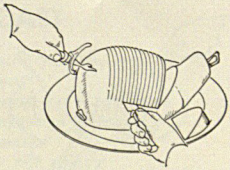
Carving a Baked Ham



Place the ham on the platter with the decorated side up and the shank to the carver's right. Remove several slices from the thin side to form a solid base on which to set the ham.

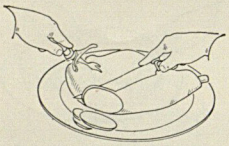


Turn the ham on its base. Starting at the shank end, a small wedge cut is removed; then carve perpendicular to the leg bone as shown at the left.

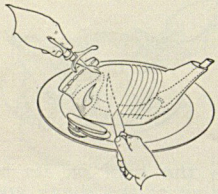


Release slices by cutting under them and along the leg bone, starting at the shank end. For additional servings, turn ham over to the original position and make slices to the bone, release and serve.

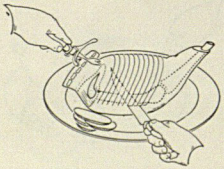
Carving a Roast Leg of Lamb



Place the roast on the platter with the shank to the carver's right and the tip section on the near side. From this, remove two or three slices lengthwise to form a base.



Turn the roast up on the base and, starting at the shank end, make slices perpendicular to the leg bone as shown in the illustration.



After reaching the aitch bone, loosen the slices by cutting under them, following the top of the leg bone. Remove slices to platter and then serve.

LEG OF LAMB

5 to 6-pound lamb leg *Pepper*
Salt

Do not have the fell removed from the leg of lamb. Season. Place skin side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) 2½ to 3½ hours or until done. The meat thermometer will register 175° F. for medium-done; 180° F. for well-done. Allow 30 to 35 minutes per pound for roasting.

GOURMET SWISS STEAK

1 beef round steak, cut 1 inch thick
½ cup flour
1 teaspoon salt
½ teaspoon pepper
3 tablespoons lard or drippings
1 can (10½ ounces) beef consomme
1 can (4 ounces) mushroom stems and pieces and liquid
1 tablespoon herb seasoning

Pound flour, salt and pepper into both sides of beef round steak. Brown in lard or drippings. Pour off drippings. Add beef consomme, mushrooms and herb seasoning. Cover tightly. Simmer 3 to 3½ hours or until meat is tender. Thicken liquid, with remaining seasoned flour, for gravy. 6 to 8 servings.

BROCHETTE SHANGRI-LA

2 pounds pork tenderloin, cut in 1-inch pieces
1 can (6 ounces) whole mushrooms
3 medium onions, cut in ¼-inch slices
1 teaspoon salt
⅛ teaspoon pepper
¼ cup melted butter or margarine
Cooked wild rice, if desired

Drain mushrooms and save liquid for Sour Cream Sauce. Place 4 pieces of pork tenderloin alternately with 3 onion slices on a wooden skewer. Place on rack in open roasting pan. Bake in a moderate oven (350° F.) 30 minutes. Season with salt and pepper, turn and brush with butter. Return to oven for 30 minutes or until done. About 5 minutes before brochettes are done, place a mushroom on end of skewers. Serve topped with Sour Cream Sauce over wild rice, if desired. 6 to 8 servings.

Sour Cream Sauce

⅔ cup mushroom liquid
2 tablespoons flour
½ cup finely chopped onion
2 tablespoons lemon juice
¼ teaspoon salt
⅛ teaspoon pepper
1 cup dairy sour cream

Add water to mushroom liquid, if necessary, to make ⅔ cup. Make a smooth paste of flour and liquid. Cook, stirring constantly, until thickened. Stir in onion, lemon juice, salt and pepper. Remove from heat and fold in sour cream. Heat through about 5 minutes. Yield: 2 cups.

BAVARIAN POT-ROAST

3 to 4-pound beef arm or blade pot-roast
2 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
2 tablespoons lard or drippings
1 medium onion, quartered
1 bay leaf
½ teaspoon caraway seed
2 tablespoons vinegar
¼ cup water
Flour for gravy

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add onion, bay leaf, caraway seed, vinegar and water. Cover tightly and simmer 3 hours or until meat is tender. Remove meat and discard bay leaf. Thicken liquid, with remaining seasoned flour, for gravy, if desired.

CREAMED HAM AND SWEETBREADS

1 pound sweetbreads
½ pound cooked ham, diced
or
1 can (12 ounces) luncheon meat, cut into ½-inch cubes
1 teaspoon salt
1 tablespoon vinegar
1 quart water
½ cup chopped green pepper
1 can (4 ounces) mushroom stems and pieces, drained
2 tablespoons butter or margarine
5 tablespoons flour
2 cups milk
2 tablespoons chopped pimiento
¼ teaspoon salt
⅛ teaspoon pepper

Simmer sweetbreads 20 to 25 minutes in water to which salt and vinegar have been added. Drain and plunge into cold water. Remove any membrane. Break into small pieces. Brown the ham, green pepper and mushrooms lightly in butter or margarine. Stir in the flour. Add milk, sweetbreads, pimiento, salt and pepper. Cook, stirring constantly, until thick. Serve in Cottage Cheese Ring. 6 to 8 servings.

Cottage Cheese Ring

6 ounces medium noodles
1 pint dry cottage cheese
1 cup dairy sour cream
1 egg
½ teaspoon salt
⅛ teaspoon pepper

Cook noodles according to directions on package and drain well. Combine noodles, cottage cheese, sour cream, egg, salt and pepper and mix well. Pour into greased 1¼-quart mold. Bake in a slow oven (300° F.) 30 minutes. 6 to 8 servings.

SESAME STUFFED PORK CHOPS

6 pork rib chops, cut 1 to 1½ inches thick, with pockets for stuffing
1 beef bouillon cube
⅓ cup hot water
½ cup chopped celery
2 tablespoons chopped onion
3 tablespoons butter or margarine
¼ cup sesame seeds
2 cups toasted bread cubes
2 teaspoons poultry seasoning
¼ teaspoon pepper
1 egg, slightly beaten
2 tablespoons lard or drippings
1½ teaspoons salt
¼ teaspoon pepper
⅓ cup water

Dissolve bouillon cube in hot water. Cook celery and onion in butter or margarine for 5 minutes. Toast sesame seeds until lightly browned. Combine bouillon, celery, onion, bread cubes, sesame seed, poultry seasoning, pepper and egg. Fill pockets in pork chops with stuffing. Brown in lard or drippings. Pour off drippings. Season with salt and pepper. Add water and cover tightly. Simmer for 1 hour or until done. 6 servings.

COMMON MEASUREMENTS

3 teaspoons	=	1 tablespoon
16 tablespoons	=	1 cup
4 tablespoons	=	¼ cup
2 cups	=	1 pint
1 liquid cup	=	8 ounces
16 ounces	=	1 pound

COMMON FOOD EQUIVALENTS

1 pound lard	=	2 cups
1 ounce chocolate	=	1 square
1 pound cake flour	=	4½ cups (sifted)
1 pound all-purpose flour	=	4 cups (sifted)
1 pound granulated sugar	=	2 cups
1 pound brown sugar	=	2¼ cups (firmly packed)
1 cup rice	=	3 cups cooked
1 pound almonds	=	3½ cups nutmeats
1 pound pecans	=	4 cups nutmeats
1 pound walnuts	=	4 cups nutmeats
1 average size orange	=	⅓ to ½ cup juice
1 average size orange	=	1 to 2 tablespoons grated pulp
1 average size lemon	=	2 to 3 teaspoons juice
1 average size lemon	=	1½ to 3 teaspoons grated rind
½ pound grated cheese	=	2 cups

COMMON SUBSTITUTIONS

1 tablespoon cornstarch	=	2 tablespoons flour
1 teaspoon baking powder	=	¼ teaspoon baking soda plus ½ cup sour milk

Methods of Meat Cookery

TO ROAST

1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° to 350° F.
6. Roast to desired degree of doneness.

TO BROIL

1. Set the oven regulator for broiling.
2. Place meat 2 to 5 inches from the heat.
3. Broil until top of the meat is brown.
4. Season the meat with salt and pepper.
5. Turn the meat and cook until it is done.
6. Season and serve at once.

TO PANFRY

1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

TO PANBROIL

1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from the pan as it accumulates.
5. Brown the meat on both sides.
6. Season the meat and serve at once.

TO BRAISE

1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

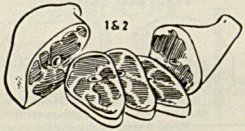
TO COOK IN LIQUID

1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

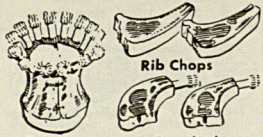
Meat Cuts and How to Cook Them

LAMB CHART

Retail Cuts



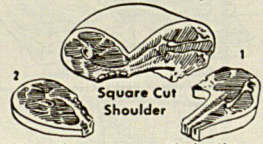
Leg of Lamb
(Three cuts from one leg)
—Roast - ●-Broil, Panbroil, Panfry —●-Braise,— Roast



Crown Roast
—— Roast ——

Rib Chops

Frenched Rib Chops
—— ●— Broil, Panbroil, Panfry —

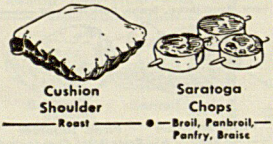


Square Cut Shoulder

Arm Chop
Broil, Panbroil, Panfry, Braise

Roast ●

Blade Chop
Broil, Panbroil, Panfry, Braise



Cushion Shoulder
——Roast ——

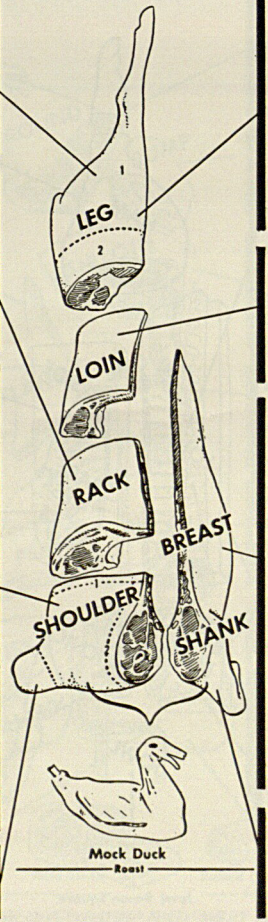
Saratoga Chops
● —Broil, Panbroil,— Panfry, Braise

Rolled Shoulder
—Roast, Braise—●

Boneless Shoulder Chops
—— Broil, Panbroil, Panfry, Braise

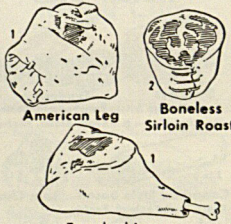
Neck Slices
——Braise, Cook in Liquid——

Wholesale Cuts



Mock Duck
Roast

Retail Cuts



American Leg

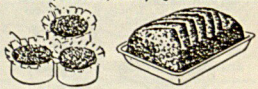
Boneless Sirloin Roast

Frenched Leg
Roast

Loin Chop

English Chop

Rolled Loin Roast
— Broil, Panbroil, Panfry— ● —Roast

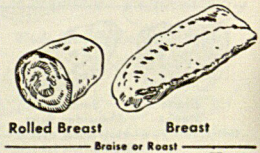


Patties
Broil, Panbroil, Panfry— ● —Roast (Bake)—

Loaf

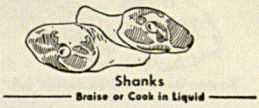
Riblets

Stew Meat
——— Braise or Cook in Liquid ———



Rolled Breast

Breast
——— Braise or Roast ———



Shanks
——— Braise or Cook in Liquid ———

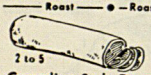
Meat Cuts and How to Cook Them

PORK CHART

Retail Cuts

2
Boneless Loin Roast
Roast

1
Tenderloin
Frenched and Whole
Roast, Braise, Pantry



2 to 5
Canadian Style Bacon
Roast, Broil, Panbroil, Pantry

3
Loin Chop

4
Rib Chop

4
Frenched Rib Chop

2 to 5
Butterfly Chop
Braise or Pantry

1, 2
Sirloin Roast

3, 4
Loin Roast
Center Cut

5
Blade Loin Roast

4
Crown Roast
Roast

Fat Back
Lard—Salt Pork

Lard
Shortening

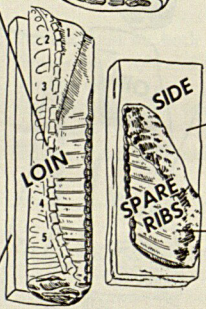
Blade Steaks
Braise, Pantry

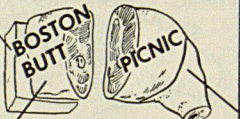
Smoked Shoulder Butt
Roast (Bake), Cook in Liquid, Broil, Panbroil, Pantry

13
Boston Butt

Rolled Boston Butt
Roast

Wholesale Cuts

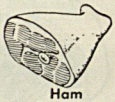




Jowl Bacon Square
Cook in Liquid, Broil, Panbroil, Pantry

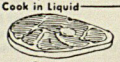
Retail Cuts

Ham
(Butt Half)



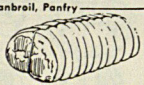
Ham
(Shank Half)
Roast (Bake), Cook in Liquid

Ham Butt Slice



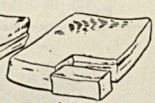
Center Ham Slice
Broil, Panbroil, Pantry

Fresh Ham Roast



Rolled Fresh Ham Roast
Roast

Bacon

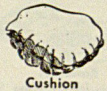


Salt Pork
Broil, Panbroil, Pantry, Cook in Liquid

Spare Ribs
Roast (Bake), Braise, Cook in Liquid

Fresh Picnic Shoulder

Smoked Picnic Shoulder
Roast—Roast (Bake), Cook in Liquid



Cushion Picnic Shoulder

Rolled Fresh Picnic Shoulder
Roast

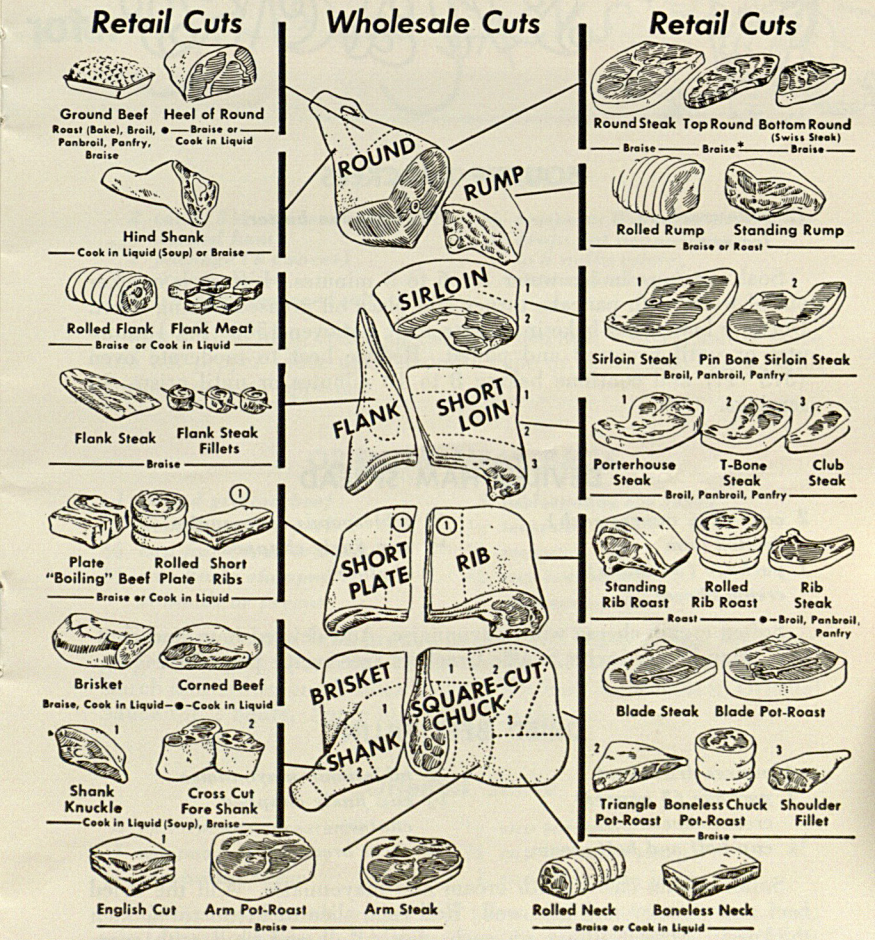
Fresh Shoulder Hock

Arm Steak
Braise, Cook in Liquid—Braise, Pantry

NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

BEEF CHART



*Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD

snacks for

SOUFFLE CRACKERS

12 soda crackers
Ice water
1 tablespoon butter

Soak crackers in ice water for 6 to 8 minutes. Lift each cracker out of water with pancake turner and place on greased baking sheet. Dot with butter and bake in an extremely hot oven (500° F.) 10 minutes or until browned and puffed. Reduce heat to moderate oven (375° F.) and continue baking 8 to 10 minutes or until crisp. 12 servings.

DEVILED HAM SPREAD

2 cans (2¼ ounces each) deviled ham
1 package (3 ounces) cream cheese
2 tablespoons mayonnaise
¼ cup finely chopped chutney

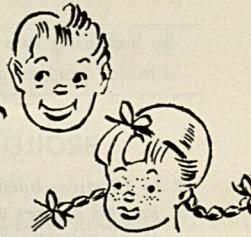
Soften cream cheese with mayonnaise. Add deviled ham and chutney. May be used with Souffle Crackers (see recipe page 00).

DRIED BEEF FILLING

4 ounces dried beef
1 package (8 ounces) cream cheese
¼ cup half and half cream
1 tablespoon mayonnaise
⅓ cup finely chopped chutney
12 slices bread

Soften cream cheese with cream and mayonnaise. Add the dried beef and chutney and mix well. Roll each slice of bread to ¼ inch thickness. Spread filling on each slice. Roll and chill with seam down for 2 hours. Slice ½ inch thick for pinwheel sandwiches.

your Jills and Jacks



STUFFED CELERY

2 cans (2¼ ounces each) deviled ham
1 package (8 ounces) cream cheese
½ teaspoon seasoned salt
½ teaspoon Worcestershire sauce
2 drops hot pepper sauce
5 to 6 stalks celery, cut in 4-inch pieces

Mix deviled ham, cream cheese, seasoned salt, Worcestershire sauce and hot pepper sauce until smooth. Tube or spoon into celery. Chill and serve as an appetizer.

ORIENTAL MEAT BALLS

1 pound ground beef
1 pound ground pork
½ cup fine bread crumbs
½ cup finely chopped almonds or pecans
3 tablespoons soy sauce
½ teaspoon ginger
⅛ teaspoon salt
⅓ cup cornstarch
3 tablespoons lard

Combine ground beef, ground pork, bread crumbs, nuts, soy sauce, ginger and salt. Form into balls the size of walnuts. Roll in cornstarch and brown on all sides in lard. Marinate meat balls in Oriental Sauce for 2 hours. Serve hot. Yield: 6 dozen.

Oriental Sauce

2 tablespoons cornstarch
1 teaspoon ginger
½ cup brown sugar
½ cup soy sauce
⅔ cup tarragon vinegar
1 cup pineapple juice

Combine cornstarch, ginger and brown sugar. Add soy sauce and mix to a smooth paste. Add vinegar and pineapple liquid. Bring to a boil and cook until thick and glossy. Yield: 2½ cups.

By including two or more servings of meat in family meals daily, a major portion of B-vitamins, protein and iron may be obtained.

BROILED BACON-CHEESE SANDWICHES

8 to 10 slices bacon
2 jars (5 ounces each) sharp cheese spread
or
½ pound sharp cheese, grated
1 egg, beaten
1 teaspoon prepared mustard
1 teaspoon Worcestershire sauce
⅛ teaspoon pepper
8 to 10 slices bread

Cut bacon slices in half. Combine cheese, beaten egg, mustard, Worcestershire sauce and pepper and blend well. Toast bread on one side. Spread untoasted side with cheese mixture, covering entire surface. Place sliced bacon over cheese. Arrange on rack in broiler pan and place in oven so the meat is 3 to 5 inches from the heat. Broil about 3 minutes or until bacon is crisp and cheese is lightly browned. Serve hot. 8 to 10 servings.

CORN BREAD AND CHILI

1 can (15½ ounces) chili
12 corn bread sticks (see recipe page 32)

Serve canned hot chili over corn bread sticks. Serves 6.

The less-demanded cuts of meat are as nutritious as the more popular cuts, variety and economy.

BACON AND ORANGE SPREAD

3 slices bacon
1 package (3 ounces) cream cheese
1 teaspoon grated orange rind

Cook bacon until crisp. Crumble into pieces. Cream the cream cheese until soft. Add bacon and orange rind and mix well. May be used on Prune Bread (see recipe page 00).

FRANKS AND SPUDS

1 pound frankfurters
1 package (3 to 3½ ounces) instant mashed potatoes
½ cup grated American cheese
Prepared mustard
5 to 6 tomato slices, cut ½ inch thick

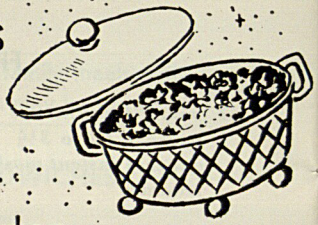
Prepare instant mashed potatoes according to package directions. Add cheese and stir until melted. Cut frankfurters lengthwise, almost through, and spread lightly with mustard. Fill frankfurters with potato mixture. Place frankfurters and tomato slices on broiler rack. Place broiler pan and rack in oven so the meat is 3 to 5 inches from the heat. Broil 5 to 6 minutes or until potatoes are lightly browned. 5 to 6 servings.

Tempting sandwiches filled with meat are a good way to provide complete protein, especially during the hot weather. Quick and easy.

STAR GAZERS SPECIAL

1 pound pork sausage links
2 tablespoons water
4 to 6 slices buttered whole wheat or white toast
⅔ cup jellied cranberry sauce, mashed
or
⅔ cup applesauce
2 ⅛ to ¼-inch slices of American cheese, cut into 3 strips each

Place sausage and water in cold frying-pan. Cover tightly and cook slowly 5 minutes. Remove cover and brown sausage on all sides. Spread 2 tablespoons fruit sauce on each slice of toast. Arrange 3 sausage links on each sandwich. Place cheese strip across sausage. Broil 3 to 5 inches from the heat 4 to 5 minutes or until cheese is melted. 4 to 6 servings.



★ ★ CASSEROLES, too

AMERICAN PIZZA

1½ pounds ground beef
¼ cup minced green pepper
1 clove garlic, minced
¼ teaspoon basil
½ teaspoon oregano
1 teaspoon salt
1 can (8 ounces) tomato sauce
1 can (6 ounces) tomato paste
1 can (4 ounces) mushroom stems and pieces, drained
½ cup milk
2 cups Homemade Biscuit Mix (see recipe page 34)
1 cup grated Mozzarella cheese

Cook ground beef until lightly browned. Add green pepper and cook until tender. Pour off drippings. Add garlic, basil, oregano, salt, tomato sauce, tomato paste and mushrooms. Cover tightly and simmer for 10 minutes. Add milk to Biscuit Mix, mixing evenly with a fork until dough just holds in a ball. Roll ¾ of the dough on a floured pastry cloth and line a 10-inch pie plate. Roll remaining dough for wedges or decorations for the top. Pour half the meat mixture into lined pie plate, sprinkle with half of cheese. Repeat procedure, finishing with cheese. Top with wedges. Bake in a very hot oven (450° F.) 15 to 20 minutes or until brown. 6 servings.

PORK AND NOODLE CASSEROLE

2 pounds ground pork
⅓ cup diced onion
1 cup diced celery
2 teaspoons salt
½ cup water
1 can (10½ ounces) condensed tomato soup
1 package (8 ounces) medium noodles, cooked
1 cup grated cheddar cheese
1 slice bread, cut in small pieces and toasted
1 tablespoon butter or margarine, melted

Cook pork until lightly browned. Pour off drippings. Add onion, celery, salt and water. Cover tightly and continue cooking slowly for 5 minutes. Add soup and noodles and mix well. Place in a 2½-quart casserole. Cover with grated cheese. Mix toasted bread with melted butter or margarine and sprinkle over cheese. Bake in a moderate oven (350° F.) 30 minutes. 6 to 8 servings.

SAILBOATS

1½ pounds ground beef
8 hard rolls
¼ cup chopped onion
¼ cup chopped green pepper
1 tablespoon butter or margarine
½ cup condensed tomato soup
1 egg, beaten
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon garlic salt

Cut slice from top of rolls and hollow out center of each. Save tops for croutons and use center portion for bread crumbs. Cook onion and green pepper in butter or margarine until tender. Combine bread crumbs, tomato soup and egg. Add ground beef, onion, green pepper, salt, pepper and garlic salt and mix well. Fill hollowed rolls with meat mixture. Place in a shallow pan and bake in a moderate oven (350° F.) 50 to 60 minutes or until meat is browned. 6 to 8 servings.

MEXICAN LUNCHEON

1½ pounds fresh pork sausage
1 cup diced onion
1 cup diced green pepper
1 can (1 pound 12 ounces) tomatoes
1 pint dairy sour cream
1 package (7 ounces) elbow macaroni, uncooked
1 tablespoon sugar
2 teaspoons chili powder
1 teaspoon salt

Brown sausage, onion and green pepper. Pour off drippings. Add tomatoes, macaroni, sugar, chili powder and salt. Mix well. Cover and simmer 20 to 25 minutes or until macaroni is tender. Fold in sour cream and cook slowly 5 minutes or until heated through. 6 to 8 servings.

FRANKFURTER SALAD BOWL

10 frankfurters, sliced ½ inch thick,
or
2 cans (12 ounces each) luncheon meat, cut into ½-inch cubes
1 can (16 ounces) kidney beans, drained
¾ cup sliced sour pickles
⅔ cup thick French dressing
1 medium head lettuce
1 medium onion, sliced

Mix meat, kidney beans, sour pickles and ⅓ cup French dressing. Chill. Wash lettuce and tear into bite size pieces. Alternate layers of the meat mixture, lettuce and onion in a shallow salad bowl. Pour remaining ⅓ cup French dressing over salad and serve. 8 servings.

CHERRY MEAT MUFFINS

2 cans (12 ounces each) luncheon meat
1½ cups soft bread crumbs
2 eggs, well beaten
¼ cup brown sugar
1 tablespoon prepared mustard

Grease 12 medium muffin pans. Mash the luncheon meat with a fork. Combine luncheon meat, bread crumbs, eggs, brown sugar and mustard and mix thoroughly. Pack mixture into muffin pans, filling each full. Bake in a moderate oven (350° F.) 20 to 25 minutes or until lightly browned. Serve hot with Cherry Sauce. 6 to 8 servings.

Cherry Sauce

1 can (16 ounces) sour pitted cherries
1 tablespoon cornstarch
¼ cup sugar
¼ teaspoon red food coloring

Drain cherries and save juice. Add water to juice, if necessary, to make 1 cup. Combine cornstarch, sugar and liquid. Mix well. Cook over low heat, stirring constantly, until thick and clear. Add cherries and red food coloring. Serve hot. Yield: 2 cups.

HOT RING BOLOGNA

2 ring bologna
Water

Cover bologna with water and simmer 10 minutes or until just heated through. Remove and serve with German Potato Salad.

GERMAN POTATO SALAD

7 slices bacon, diced
¾ cup chopped onion
2 tablespoons flour
1½ tablespoons sugar
2 teaspoons salt
¼ teaspoon pepper
¾ cup water
½ cup vinegar
6 cups sliced, cooked potatoes

Cook bacon until lightly browned. Add onion and cook until tender. Add flour and stir until smooth. Combine water, vinegar, sugar, salt and pepper and add slowly to bacon mixture. Add sliced potatoes and mix lightly. Cover and simmer 20 minutes. 8 servings.

GOLD NUGGET PEPPERS

2 cans (15½ ounces each) corned beef hash
1 tablespoon chopped onion
2 tablespoons catchup
½ teaspoon oregano
1 can (8¾ ounces) whole kernel corn
8 medium green peppers
1 teaspoon salt

Combine corned beef hash, onion, catchup, oregano and corn. Mix well. Slice off the top of the green peppers, scoop out center and wash. Cook peppers 8 minutes in boiling salted water. Drain. Stuff meat mixture into peppers and place in a 12x8-inch baking dish. Pour hot water to a depth of ½ inch in baking dish. Bake in a moderate oven (350° F.) 25 to 30 minutes or until mixture is lightly browned. 8 servings.

Meat contains all the B-vitamins.

SAUSAGE JUMBLES

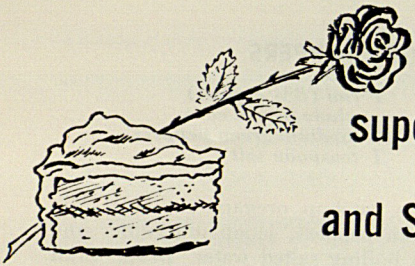
2 pounds fresh pork sausage
8 onion slices, cut ¼ to ½ inch thick
8 tomato slices, cut ½ inch thick
8 slices bacon

Form meat into 8 patties 1 inch thick. Place a slice of onion and tomato on each patty. Cut bacon slices in half. Place 2 halves in criss-cross design on top of each tomato slice. Place on rack in an open roasting pan. Bake in a moderate oven (350° F.) 40 to 45 minutes or until meat is done. 8 servings.

CAN-DO BEEF STEW

2 cans (1½ pounds each) beef stew
or
3 cans (1 pound each) beef stew
⅔ cup milk
½ cup grated sharp cheddar cheese
1 tablespoon grated onion
1½ cups Homemade Biscuit Mix (see recipe page —)

Place beef stew in a 2-quart casserole. Bake in a hot oven (425° F.) 8 to 10 minutes or until the stew begins to bubble. Add milk, cheese and onion to Biscuit Mix. Mix until all ingredients are moistened. Spoon biscuit mixture over stew and continue baking in a hot oven (425° F.) 20 to 25 minutes or until biscuits are lightly browned. 6 to 8 servings.



superb QUICK BREADS and Special DESSERTS

APPLE CUP CAKES

2 cups sifted enriched flour
½ teaspoon baking soda
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon ground cloves
½ teaspoon allspice
½ teaspoon nutmeg
½ cup lard
1 cup sugar
1 teaspoon salt
1 egg
½ cup cold coffee
1 teaspoon vanilla
½ cup chopped pecans
½ cup chopped dates
1 cup peeled and chopped tart apples

Grease 24 medium muffin pans. Sift together flour, soda, baking powder, cinnamon, ground cloves, allspice and nutmeg. Cream lard, sugar and salt until light and fluffy. Add egg and beat well. Combine coffee and vanilla. Mix dry ingredients with nuts, dates and apples. Fold in dry ingredients alternately with liquid. Fill muffin pans ⅔ full. Bake in a moderate oven (350° F.) 25 to 30 minutes or until lightly browned. Yield: 24 small cup cakes.

ADJUSTMENTS FOR HIGH ALTITUDE BAKING

	3000 ft.	5000 ft.	7000 ft.
Reduce Baking Powder For each teaspoon, decrease	⅛ tsp.	⅛-¼ tsp.	¼-½ tsp.
Reduce Sugar For each cup, decrease	no change	usually no change	1-2 tbsp.
Reduce Lard For each cup, decrease	1-2 tbsp.	2 tbsp.	2-3 tbsp.
Increase Liquid For each cup, add	1-2 tbsp.	2-3 tbsp.	3-4 tbsp.
Increase Baking Temperature	6-10° F.	10-15° F.	15-25° F.

Decrease Baking Time 5 to 10 minutes when recipes have been tested at sea level.
NOTE: When two amounts are given, try the smaller adjustment first; then if cake still needs improvement, use the larger adjustment the next time you make the cake.

PRUNE BREAD

2 cups sifted enriched flour
1 teaspoon baking powder
½ teaspoon salt
1 cup finely chopped dried prunes
1 teaspoon baking soda
1 cup boiling water
¼ cup lard, melted
1 cup sugar
1 egg, beaten
1 teaspoon vanilla
½ cup chopped nuts

Line the bottom of a 9x5-inch loaf pan with double thickness of waxed paper. Sift together flour, baking powder and salt. Combine prunes, soda and boiling water. Add lard, sugar and egg. Mix well. Add vanilla and nuts. Add sifted dry ingredients, stirring only until dry ingredients are moistened. Pour into loaf pan and let stand for 30 minutes. Bake in a moderate oven (350° F.) 50 to 60 minutes or until done. Yield: 1 loaf.

Variation: Add ½ teaspoon cinnamon, ½ teaspoon cloves and ¼ teaspoon nutmeg to dry ingredients.

QUICK ORANGE ROLLS

Orange juice
1 egg, beaten
2 cups Homemade Biscuit Mix (see recipe page 34)
1 tablespoon melted butter
1 tablespoon grated orange rind
½ cup sugar

Grease 12 medium muffin pans. Add enough orange juice to beaten egg to make ½ cup of liquid. Add liquid to Biscuit Mix and mix evenly with fork. Turn dough out on lightly floured pastry cloth. Knead for 30 seconds. Roll into a rectangle about 10x12 inches. Brush with butter. Mix together grated orange rind and sugar. Sprinkle over dough. Roll as for a jelly roll and cut into twelve 1-inch slices. Place in muffin pans. Bake in a hot oven (425° F.) 15 to 20 minutes or until lightly browned. Yield: 1 dozen rolls.

CHERRY NUT PIE

1 baked 9-inch pie shell (see recipe page 35)
1 can (16 ounces) sour pitted cherries
1 package raspberry fruit gelatin
⅓ cup sugar
⅛ teaspoon salt
¾ cup cold water
½ cup chopped pecans
Whipped cream or ice cream

Drain cherries well and save juice. Add water to cherry juice, if necessary, to make 1 cup. Heat cherry liquid and dissolve gelatin. Add sugar and salt and stir until mixed. Add cold water. Cool until slightly thickened. Add cherries and nuts. Pour into baked pie shell. Chill. Serve with whipped cream or ice cream. 6 servings.

ROSETTES

1 cup sifted enriched flour
¼ teaspoon salt
1 teaspoon sugar
2 eggs
1 cup milk
Lard for deep-fat frying
Confectioners' sugar

Sift together flour, salt and sugar. Beat eggs. Add milk. Fold in sifted dry ingredients and beat until smooth. Heat lard to 365° F. To make each rosette, place rosette iron in hot lard until heated through. (It will take about 2 minutes to heat cold iron for first rosette.) For remaining rosettes, dip the iron into the hot lard each time before dipping into the batter. Remove excess lard from bottom of iron each time by quickly blotting on paper towels. Dip in batter being careful that the batter just reaches the top of iron. Fry until delicately brown. Slip from iron onto absorbent paper to drain. Sprinkle with confectioners' sugar. Yield: 36.

GINGERSNAPS

5 cups sifted enriched flour
1 tablespoon baking soda
½ teaspoon salt
1 tablespoon ginger
1 cup lard
2 cups light brown sugar
2 eggs
1 teaspoon vinegar
½ cup dark molasses

Sift together flour, soda, salt and ginger. Cream lard and sugar. Add eggs and beat well. Add vinegar and molasses. Mix in dry ingredients and roll in balls about the size of a walnut. Place 2 inches apart on ungreased baking sheet. Bake in a hot oven (400° F.) 10 to 12 minutes or until done. Yield: 6 dozen.

FOUR-WAY COOKIES

3 cups sifted enriched flour
1 teaspoon baking soda
1½ teaspoons salt
1 cup lard
2 cups sugar
2 eggs
2 teaspoons vanilla
½ teaspoon lemon rind
¼ cup chopped nuts
½ cup shredded coconut
1 square semi-sweetened chocolate, melted

Sift together flour, soda and salt. Cream lard and sugar. Add eggs, one at a time, beating well after each addition. Add vanilla. Add dry ingredients. Chill for 30 minutes. Divide dough into 4 equal portions. To first portion add lemon rind; to second portion add chopped nuts; to third portion add coconut; to fourth portion add chocolate. Shape each portion into a roll 10 to 12 inches long. Roll in waxed paper and chill several hours. Cut into ¼-inch slices and arrange on baking sheet. Bake in a moderate oven (375° F.) 10 to 12 minutes or until lightly browned. Yield: 10 to 12 dozen.

RED DEVIL'S FOOD CAKE

2 cups sifted cake flour
2 teaspoons baking soda
½ cup cocoa
½ teaspoon salt
½ cup lard
1½ cups sugar
2 eggs
½ cup sour milk (½ cup milk and 1½ teaspoons vinegar)
1 cup boiling water
1 teaspoon vanilla

Line the bottom of two 9-inch round cake pans or one 13x9-inch oblong cake pan with double thickness of waxed paper. Sift together flour, soda, cocoa and salt. Cream the lard and sugar until light and fluffy. Add eggs, one at a time, and beat well. Add dry ingredients alternately with sour milk. Add boiling water and vanilla and mix well. Pour batter into cake pans. Bake in a moderate oven (350° F.) 30 minutes. Cool. Spread Pecan Filling between layers and frost with Satin Seafoam Icing,

Pecan Filling

⅓ cup sugar
1 teaspoon cornstarch
2 tablespoons butter or margarine
3 egg yolks, well beaten
⅔ cup milk
⅛ teaspoon salt
½ teaspoon vanilla
1 cup chopped pecans

Combine sugar, cornstarch and butter or margarine. Add egg yolks and milk and cook in double boiler, stirring constantly, until thick. Add salt and vanilla. Cool filling and add pecans.

Satin Seafoam Icing

¾ cup brown sugar
¾ cup granulated sugar
⅛ teaspoon cream of tartar
⅓ cup hot water
3 egg whites, beaten stiff
½ teaspoon vanilla

Combine sugars, cream of tartar and water in saucepan. Cover the pan and bring to a boil. Uncover and cook until the sirup spins a long thread. A candy thermometer should read 246° F. Remove from heat. Add sirup gradually to egg whites, beating constantly. Beat until mixture holds in peaks. Add vanilla. Yield: frosting for two 9-inch layers or one 13x9-inch oblong cake.

PARK AVENUE CAKE

2½ cups sifted cake flour
2½ teaspoons baking powder
½ teaspoon salt
4 egg whites
½ cup sugar
½ cup lard
1 cup sugar
1 cup milk
1½ teaspoons vanilla
1 cup finely chopped black walnuts

Line the bottom of two 9-inch round cake pans or one 13 x 9-inch oblong cake pan with double thickness of waxed paper. Sift together flour, baking powder and salt. Beat egg whites until frothy, then gradually add ½ cup sugar. Beat until meringue stands in peaks. Cream lard with 1 cup sugar until light and fluffy. Add sifted dry ingredients alternately with milk. Beat 2 minutes. Add vanilla and finely chopped nuts. Fold meringue into batter. Pour batter into cake pans. Bake layers in a moderate oven (350° F.) 25 to 30 minutes; bake oblong cake in a moderate oven (350° F.) 30 to 35 minutes. Cool in pans on cake rack for 20 minutes. Turn on rack. Frost with White Fluff Frosting.

White Fluff Frosting

1½ cups sugar
1 tablespoon white corn sirup
⅓ cup water
2 egg whites
⅛ teaspoon salt
1 teaspoon vanilla

Combine sugar, corn sirup, water, egg whites and salt in top of double boiler and beat for 1 minute. Cook over hot water, beating constantly until mixture forms peaks, about 6 to 7 minutes. Remove from heat and add vanilla. Beat until frosting has a spreading consistency. (Will frost two 9-inch layers or one 13 x 9-inch oblong cake.)

CORN BREAD STICKS

2 cups Homemade Corn Bread Mix (see recipe page 35)
Milk
1 egg, beaten

Combine egg and enough milk to make 1 cup liquid and add to Corn Bread Mix. Stir only until dry ingredients are moistened. Pour into well greased, heated corn stick pans. If aluminum pans are used, bake in a hot oven (425° F.) 15 to 18 minutes. If cast iron pans are used, bake in a hot oven (400° F.) for 20 to 25 minutes. Yield: 12 corn bread sticks.

SWEDISH TEA RING

2 cups Homemade Biscuit Mix (see recipe page 34)
3 tablespoons sugar
1 egg, slightly beaten
Milk
⅓ cup brown sugar
½ teaspoon cinnamon
¼ cup chopped nuts
1 cup chopped dried prunes
2 tablespoons butter or margarine, melted

Combine Biscuit Mix and sugar. Combine egg and enough milk to make ½ cup liquid and add to Biscuit Mix. Knead dough for about ½ minute. Roll on floured pastry cloth into a rectangle approximately 10x12 inches. Combine brown sugar, cinnamon, nuts, chopped fruit and 1 tablespoon butter. Spread remaining tablespoon of butter on rectangle. Spread fruit mixture over dough. Roll as a jelly roll. Seal edge by pressing firmly. Lift to lightly greased baking sheet and shape in a ring. With scissors cut slashes about 1 inch apart and almost to center. Twist sections slightly so filling shows. Bake in a moderate oven (375° F.) 20 to 25 minutes or until brown. Ice with thin confectioners' sugar frosting.

Variation: Substitute ½ cup chopped dates or raisins for 1 cup prunes.

Lard adds flavor and richness to foods, whether used as shortening or for frying.

SUNGLOW APPLE PIE

6 cups peeled and sliced tart apples (7 to 9 medium)
¼ cup red cinnamon candies
1 teaspoon grated lemon rind
½ cup sugar
3 tablespoons flour
⅛ teaspoon salt
Pastry for double 9-inch pie (see recipe page 35)
1 tablespoon butter or margarine

Combine apples, candies, lemon rind, sugar, flour and salt. Divide pastry in half. Roll half of pastry to about ⅛ inch in thickness and cut for top crust, making several openings to allow for escape of steam. Roll out remaining pastry to about ⅛ inch in thickness and line a 9-inch pie pan allowing ½ inch of crust to extend over the edge. Fill with apple mixture. Dot filling with butter or margarine. Place top pastry over filling. Fold lower crust over top crust. Crimp edges. Bake in a hot oven (400° F.) 40 to 50 minutes or until brown. 6 servings.

HOLIDAY BANANA TEA BREAD

1¾ cups sifted enriched flour
2 teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt
⅓ cup lard
⅔ cup sugar
2 eggs, well beaten
1 cup mashed ripe bananas (2 to 3 bananas)
½ cup walnuts or pecans, broken
1 cup mixed candied fruits
¼ cup raisins

Line the bottom of a 9 x5-inch loaf pan with double thickness of waxed paper. Sift together flour, baking powder, soda and salt. Cream lard. Add sugar gradually and continue creaming until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas. Add nuts, candied fruits and raisins. Mix only enough to distribute fruit evenly. Turn into loaf pan and let stand 30 minutes. Bake in a moderate oven (350° F.) 1 hour 15 minutes or until bread is done. Yield: 1 loaf.

Lard has the greatest shortening power of any plastic fat.

HOMEMADE BISCUIT MIX

8 cups sifted enriched flour
¼ cup baking powder
4 teaspoons salt
1 cup lard for soft wheat or 1½ cups lard for hard wheat flour

Sift together flour, baking powder and salt. Cut in lard until the mixture has a fine even crumb. Cover closely and store in the refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 10 cups mix.

To make biscuits, add ½ cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly floured surface and knead gently for ½ minute. Pat or roll ½ inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Bake in a very hot oven (450° F.) 12 to 15 minutes. Yield: 10 to 12 biscuits.

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Recipes in this booklet, except those made with cake flour were developed using all-purpose flour. This type of flour is milled so it may be used satisfactorily for all kinds of cooking and baking. Since flours may vary slightly in different areas (both in moisture content and texture) some homemakers may need to make minor adjustments in the amount of liquid used in the recipes calling for all-purpose flour. Add the recommended amount of liquid slowly since soft wheat flour does not require as much liquid.

HOMEMADE PASTRY MIX

7 cups sifted enriched flour
4 teaspoons salt
1¾ cups lard for soft wheat flour or 2 cups for hard wheat flour

Sift together flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Homemade Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month in refrigerator. Yield: 8 single pie crusts.

Pastry for Single or Double Pie

To make single pie crust, use:

1 to 1¼	cups mix for	8-inch	2 to 4 tablespoons water
1¼ to 1½	cups mix for	9-inch	
1½ to 1¾	cups mix for	10-inch	

To make double pie crust, use:

2 to 2¼	cups mix for	8-inch	4 to 6 tablespoons water
2¼ to 2½	cups mix for	9-inch	
2½ to 2¾	cups mix for	10-inch	

Add water to mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Divide pastry if for double pie crust. Roll to about ⅛ inch thickness and line pie pan, allowing ½ inch crust to extend over edge.

For double crust pie, roll other half of pastry, making several gashes to allow for escape of steam. Place over filling and cut ½ inch smaller than lower crust. Fold lower crust over top crust. Crimp edges. Bake according to pie recipe.

For baking pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in very hot oven (450° F.) 8 to 10 minutes.

HOMEMADE CORN BREAD MIX

4 cups sifted enriched flour
4 cups white or yellow corn meal
½ cup sugar
¼ cup baking powder
1 tablespoon salt
1 cup lard

Sift together flour, corn meal, sugar, baking powder and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Homemade Corn Bread Mix in covered container in refrigerator until ready to use. This mixture will keep in the refrigerator at least a month. Yield: 8 cups mix.

TIME-TABLE FOR ROASTING

CUT	Approx. Weight	Oven Temperature Constant	Interior Temperature When Removed From Oven	Approximate Time Per Pound
BEEF	*Pounds*	*Degrees F.*	*Degrees F.*	*Minutes*
Standing rib	6 to 8	300	140	18-20
			160	22-25
			170	27-30
Rolled rib	5 to 7	300	140	32
			160	38
			170	48
Standing rump (high quality)	5 to 7	300	150-170	25-30
Rolled rump (high quality)	4 to 6	300	150-170	25-30
PORK—FRESH				
Loin—Center	3 to 5	350	185	35-40
Half	5 to 7		185	40-45
Ends	2 to 3		185	45-50
Picnic shoulder	5 to 8	350	185	30-35
Boned and rolled	3 to 5	350	185	40-45
Cushion-style	3 to 5	350	185	35-40
Boston butt	4 to 6	350	185	45-50
Fresh ham, whole	10 to 14	350	185	30-35
PORK—SMOKED				
Ham*—Whole	10 to 14	300	160	18-20
Half	5 to 7	300	160	22-25
Shank or butt portion	3 to 4	300	160	35-40
Shoulder butt	2 to 4	300	170	35
Picnic shoulder	5 to 8	300	170	35
LAMB				
Leg	5 to 8	300	175-180	30-35
Shoulder (bone in)	4 to 6	300	175-180	30-35
Rolled	3 to 5	300	175-180	40-45
Cushion-style	3 to 5	300	175-180	30-35
VEAL				
Leg	5 to 8	300	170	25-35
Loin	4 to 6	300	170	30-35
Rib (rack)	3 to 5	300	170	30-35
Shoulder (bone in)	5 to 8	300	170	25-35
Rolled	4 to 6	300	170	40-45

* Hams now on market which require shorter cooking period due to method of processing.

TIME-TABLE FOR BROILING*

CUT	Weight	Approximate Total Cooking Time	
		Rare	Medium
BEEF	*Pounds*	*Minutes*	*Minutes*
Chuck steak—1 inch	1½ to 2½	24	30
1½ inches	2 to 4	40	45
Rib steak—1 inch	1 to 1½	15	20
1½ inches	1½ to 2	25	30
2 inches	2 to 2½	35	45
Club steak—1 inch	1 to 1½	15	20
1½ inches	1½ to 2	25	30
2 inches	2 to 2½	35	45
Sirloin steak—1 inch	1½ to 3	20	25
1½ inches	2¼ to 4	30	35
2 inches	3 to 5	40	45
Porterhouse steak—1 inch	1¼ to 2	20	25
1½ inches	2 to 3	30	35
2 inches	2½ to 3½	40	45
Ground beef patties			
1 inch thick by 3 inches	4 ounces	15	25
PORK—SMOKED			
Ham slice—tendered			
½ inch	¾ to 1	Ham always	10-12
1 inch	1½ to 2	cooked well done	16-20
Canadian-style bacon			
¼ inch slices			6-8
½ inch slices			8-10
Bacon			4-5
LAMB			
Shoulder chops—1 inch	5 to 8 ounces	Lamb chops	12
1½ inches	8 to 10 ounces	are not served	18
2 inches	10 to 16 ounces	rare	22
Rib chops—1 inch	3 to 5 ounces		12
1½ inches	4 to 7 ounces		18
2 inches	6 to 10 ounces		22
Loin chops—1 inch	4 to 7 ounces		12
1½ inches	6 to 10 ounces		18
2 inches	8 to 14 ounces		22
Ground lamb patties			
1 inch by 3 inches	4 ounces		18

* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F.; well done to 170° F. Lamb chops are broiled from 170° F. to 175° F. Ham is cooked to 160° F. The time for broiling bacon is influenced by personal preference as to crispness.

TIME-TABLE FOR BRAISING

CUT	Average Weight or Thickness	Approximate Total Cooking Time
BEEF		
Pot-Roast	3 to 5 pounds	3-4 hours
Swiss steak	1½ to 2½ inches	2-3 hours
Fricassee	2 inch cubes	1½-2½ hours
Beef birds	½ inch (x 2 in. x 4 in.)	1½-2½ hours
Short ribs	Pieces (2 in. x 2 in. x 4 in.)	1½-2½ hours
Round steak	¾ inch	45-60 minutes
Stuffed steak	½ to ¾ inch	1½ hours
PORK		
Chops	¾ to 1½ inches	45-60 minutes
Spareribs	2 to 3 pounds	1½ hours
Tenderloin		
Whole	¾ to 1 pound	45-60 minutes
Fillets	½ inch	30 minutes
Shoulder steaks	¾ inch	45-60 minutes
LAMB		
Breast—stuffed	2 to 3 pounds	1½-2 hours
Breast—rolled	1½ to 2 pounds	1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	¾ to 1 pound each	1-1½ hours
Shoulder chops	¾ to 1 inch	45-60 minutes
VEAL		
Breast—stuffed	3 to 4 pounds	1½-2½ hours
Breast—rolled	2 to 3 pounds	1½-2½ hours
Veal birds	½ inch (x 2 in. x 4 in.)	45-60 minutes
Chops	½ to ¾ inch	45-60 minutes
Steaks or cutlets	½ to ¾ inch	45-60 minutes
Shoulder chops	½ to ¾ inch	45-60 minutes
Shoulder cubes	1 to 2 inches	45-60 minutes

TIME-TABLE FOR COOKING IN LIQUID

CUT	Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
	Pounds	*Minutes*	*Hours*
Smoked ham (old style and country cured)			
Large	12 to 16	20	
Small	10 to 12	25	
Half	5 to 8	30	
Smoked ham (tendered)			
Shank or butt half	5 to 8	20-25	
Smoked picnic shoulder	5 to 8	45	
Fresh or corned beef	4 to 6	40-50	
Beef for stew			2½-3½
Veal for stew			2-3
Lamb for stew			1½-2

FREEZING MEAT

Meat	*Maximum Storage Time**
Beef	6 to 12 Months
Lamb and Veal	6 to 9 Months
Fresh Pork	3 to 6 Months
Ground Beef and Lamb	3 to 4 Months
Ground Pork	1 to 3 Months

**This range in maximum storage time reflects differences in recommendations of various authorities using meat from different sources.*

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The National Live Stock and Meat Board of Chicago is a non-profit service organization conducting nation-wide services and projects executed by a staff of specialists in the fields of meat research, home economics, nutrition, meat merchandising and livestock marketing and production.

For 39 years the work of the Board has contributed significantly to the health and welfare of the people of this nation. In addition to generally increasing the nutritional level of the nation's diet through creating a new awareness of the benefits of eating meat, the Board is also responsible for discoveries such as: liver as an important source of iron to prevent anemia; strained meat for babies; meat as an important factor in the diet of people at all ages; and as an aid in weight-reduction.

The Board practices wide dissemination of reliable information on the proper methods of meat selection, cookery and care and other facts which assure the most satisfactory utilization of all meat items.

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